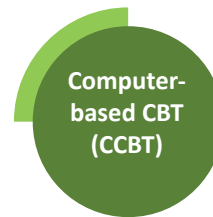


This tool is intended to help young people aged 11-18, parents or carers and practitioners make decisions about getting help or support for generally feeling anxious. There are other forms of anxiety that may have additional treatment or support options, such as obsessive-compulsive disorder (OCD) or post-traumatic stress disorder (PTSD). Both grids for this presenting difficulty should be used together.

**Note:** You may want to try other types of help or support alongside the ones that are listed here. There is some evidence that CCBT, bibliotherapy (reading and self-management) and other low-intensity support can help with generally feeling anxious. Changes to diet, exercise and lifestyle could also help to improve your symptoms, although there is not enough evidence about this to be sure.



Common questions

What will this involve?

This involves reading information about feeling generally anxious, understanding more about your difficulties, and trying strategies to help you manage your anxiety or better cope with it.



This involves calling or texting a telephone number or emailing someone. This person can listen to you and may provide you with information and advice.



This involves working through a computer programme either on your own or with a therapist.



How will this help me feel better?

You may learn tips to feel less stressed or worried. This could include techniques to help you relax. You might also find out new ways to understand your thoughts and recognise your feelings.



Talking to someone about your difficulties may help you to work through your worries. This may also help you see things more clearly and think about what your options are.



You may find out how to understand and overcome your difficulties by breaking them down into manageable parts. You may also learn how to change negative thoughts and patterns of thinking and behaving, and techniques to relax.



Will I see the same people for the duration of this support?

This support can usually be done on your own, or your parent or carer may help you.



There will probably be a different person on the line each time you call or text.



It is likely that you will see the same person for this support.



Are there risks or side effects from this type of help or support?

There is not enough evidence to know for sure if these types of support have side effects. Talking, reading or thinking about your difficulties might cause worry or stress. Making changes in the way you think about things or do things may also be hard, and you might feel worse before you start to feel better. Tell someone if you are having these feelings. If you are finding it too hard to use this support on your own, it may be a sign to ask for more support.



Who will need to know about this?

This support can be confidential, or it can be shared with your parent or carer, if you would like to do that.



This support can be confidential.



This support can be confidential depending on how you access it and your age. Ask a health professional for more information.



Where can I get this support?

Online, from a library, from your GP or from another health professional (see back of page for additional resources).



On the phone or online (see back of page for additional resources).



Online or at a venue that offers this type of support (see back of page for additional resources).



## Support List

### Reading support (Psychoeducation)

- YoungMinds – Charity that offers information about mental health and emotional wellbeing. <https://www.youngminds.org.uk/young-person/>, <https://www.youngminds.org.uk/young-person/mental-health-conditions/anxiety/>
- YoungMinds Medications - Information about medication for mental health difficulties. <https://www.youngminds.org.uk/young-person/medications>

### Telephone, text and email support

- Childline – Advice online or on the phone (any time or day) – 0800 1111, <https://www.childline.org.uk>
- Samaritans – Advice on the phone (any time or day) – 116 123, <https://www.samaritans.org/how-we-can-help/contact-samaritan/>
- The Mix/Get Connected – Advice on the phone for under 25s (4pm - 11pm, 7 days a week) or online – 0808 808 4994, <http://www.themix.org.uk/>
- Kooth – Free and anonymous online support for young people. <https://kooth.com/>

### Computer-based CBT (CCBT)

- e.g., Coping Cat, FRIENDS. Ask a professional what is available in your area.

## References

### 1. Title

- a. Current View tool

### 2. Note at top

- a. What Works for Whom Second Edition (pp. 70)

### 3. Support options

- a. What Works for Whom Second Edition (pp. 70)
- b. Expert consensus

### 4. What will this involve?

- a. Reading support (Psychoeducation): <https://youngminds.org.uk/find-help/conditions/anxiety/>
- b. Telephone, text and email support: Expert consensus and ERGs
- c. Computer-based cognitive behavioural therapy (CCBT): <https://www.moodcafe.co.uk/further-resources/online-counselling-cbt/>

### 5. How will this help me feel better?

- a. Reading support (Psychoeducation): <http://www.nhsdirect.wales.nhs.uk/lifestylewellbeing/bibliotherapy>, <https://www.nhs.uk/conditions/stress-anxiety-depression/anxiety-in-children/>
- b. Telephone, text and email support: Expert consensus and ERGs
- c. Computer-based cognitive behavioural therapy (CCBT): <https://www.mind.org.uk/information-support/tips-for-everyday-living/online-mental-health/online-mental-health-tools/>

### 6. Will I see the same people for the duration of this support?

- a. Reading support (Psychoeducation): <http://www.nhsdirect.wales.nhs.uk/lifestylewellbeing/bibliotherapy>
- b. Telephone, text and email support: Expert consensus and ERGs
- c. Computer-based cognitive behavioural therapy (CCBT): Expert consensus

### 7. Are there risks or side effects from this type of support?

- a. All support options: Expert consensus

### 8. Who will need to know about this?

- a. All support options: Expert consensus

### 9. Where can I get this support?

- a. All support options: <https://www.moodcafe.co.uk/for-children/relaxation-for-children/>, NICE CG113: 1.1.4